

## **RECRUITMENT FOR *STEPPING ON* TRAINING**

What is *Stepping On*?

*Stepping On* is a program that offers older adults a way of reducing falls by incorporating and discussing a range of issues that include falls and risks, strength and balance exercises, initiating a medication review, vision exams, home safety, safe footwear and what to do and how to cope after a fall. The *Stepping On* course consists of seven weekly classes that are each approximately two-hours in length, followed by a home assessment, a three-month, and a six month follow-up. For more information about *Stepping On* please visit:

<http://www.dhs.wisconsin.gov/aging/CDSMP/SteppingOn/index.htm>.

The *Stepping On* program is research-based and scientifically proven to reduce falls by approximately 31% among participants. The original study was conducted by professional geriatric practitioners and researchers at the University of Sydney Australia as a 14-month randomized trial involving 310 elders aged 70 and older, who had a fall in the previous 12 months or were concerned about falls.

The eligibility criteria for participation in the *Stepping On* program is:

- Participants must be age 60 and older,
- have had a fall in the last year or report a fear of falling,
- are cognitively intact and able to move independently on own or with assistance (cane or walker),

The *Stepping On* workshops are facilitated by **trained leaders** who have successfully completed the 3-day Leader Training. The next training will be held on November 3-5, 2014 in Fargo, ND and conducted by Master Trainers. The Community Leader is trained by the Master Trainer to assist with course coordination and lead and facilitate class discussions. Ideally, there are two Leaders for every *Stepping On* program but one trained leader may accomplish the goals. They may solicit help from peer leaders who have completed the program in a prior session.

The following requirements must be met to be trained as a Community Leader <sup>1</sup>:

- Be a professional with experience servicing older adults (<sup>1</sup> nurse, nurse practitioner, physician, physician-assistant, occupational or physical therapist, social worker, fitness expert, or health educator),
- Have led group based programs on adult learning or self-efficacy principles,
- Have worked with older adults in a professional setting.

Community Leaders maintain a three-year certification by meeting the minimum requirements which include facilitating at least one *Stepping On* class per year. A Master Trainer does not need to attend every class, but must ensure the course content

is delivered with fidelity and follows the original course design which usually involves one on-site fidelity check.

The North Dakota Department of Health, Division of Injury Prevention and Control (NDIPC) will contract with the Wisconsin Partnership for Healthy Aging, who is currently the United States authority on the *Stepping On* program. Dr. Mahoney and staff from the Wisconsin Partnership for Healthy Aging Program will provide training and technical assistance to the NDIPC as part of this *Stepping On* fall prevention project.

**What the North Dakota Department of Health, Division of Injury Prevention and Control (NDIPC) are offering:**

1. Training to be a *Stepping On* **Leader** – this is a 3-day commitment scheduled for November 3-5, 2014 in Fargo, ND for a limited number of attendees (see earlier list for trainee requirements). It is best for you as a new leader to have a partner to share responsibilities with so we encourage 2 people from your agency or community to attend as a team. It is not essential to the success of the program, however is easier for implementation. If you are having a problem finding someone within your agency/community to attend the training with, we have a list of trained leaders in the state that you may be able to partner with for future workshops.
2. Per Diem, Mileage, Lodging at North Dakota State Rates.
3. Course materials such as manuals, handouts, forms, weights, etc.
4. Certification for 3 years if the necessary minimum requirements are met.
5. Technical assistance following the training for as long as needed.

**Your requirements to participate in the training:**

1. Provide a letter of support from your sponsoring agency/organization allowing you to attend the training and supporting a *Stepping On* workshop that you will conduct within the next 6 months in your area.
2. Host at least **one set of workshops** (7 sessions) in your service area within six months following the training.
3. Share any data gathered from the workshops with the North Dakota Department of Health, Division of Injury Prevention and Control (NDIPC) and the North Dakota Extension Service.
4. Report to the NDIPC any workshops that are held in compliance with the *Stepping On* protocol on forms provided by the NDIPC.
5. Complete the attached application and return it to:

Diana Read  
North Dakota Department of Health  
600 East Boulevard Ave., Dept. 301  
Bismarck, ND 58505-0200  
Phone: 701.328.4537  
Email: [dread@nd.gov](mailto:dread@nd.gov)